

CITIZEN'S CROSS-COUNTRY SKI RACE



WAUKESHA COUNTY'S NASHOTAH PARK SATURDAY, JANUARY 6, 2007



TIME:

10:30 a.m. - START for Children's 10 & Under 1-mile race
11:30 a.m. - START for the Youth and Adult 5K & 12.5K races
(wave starts if necessary)

LOCATION:

Nashotah Park is located between Hartland and Oconomowoc on
County Trunk Highway 'C', 1/2 mile north of Highway '16'.
W330 N5113 Hwy C, Nashotah



REGISTRATION:

Registration at Nashotah Park on race day.

Registration will begin at 9:00 a.m.

Registration will **close at 10:15 a.m.** for the Children's 10 & Under race

Registration will **close at 11:15 a.m.** for the Youth & Adult 5K & 12.5K

ENTRY FEE:

\$8.00 per person and \$15.00 per family

***(The daily Park Entrance Fee DOES apply, \$5.00
per car or \$25.00 for a Resident Annual Sticker)***

AWARDS:

Awards to the top three finishers in each age category (see back side).

Children's race awards will be presented immediately following the race.

Adult race results will be available shortly after race is completed and
awards will be distributed on site.

RACE RESULTS:

A copy of the race results will be e-mailed to each participant the week following
the race.

PLEASE NOTE:

There are minimum indoor facilities at Nashotah Park, and no space for waxing
skis - PLAN AHEAD.

In case of extreme weather on race day, please call Nashotah Park at
(262) 367-1022.

CO-SPONSORS:

The Waukesha County Park System
Bicycle Doctor Nordic Ski Shop

RACE INFORMATION BEFORE THE RACE:

Contact Waukesha County Park System

Holly Glainyk (262) 896-8074

email: hglainyk@waukeshacounty.gov

website: www.waukeshacountyparks.com



Yours Naturally!



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AGE DIVISIONS FOR RACE AWARDS



1-MILE CHILDREN'S RACE (Ages 10 & Under)

Awards will be presented to the top 3 in both Male & Female divisions.

5K YOUTH (Ages 11 to 18)*

Awards will be presented to the top 3 Male & Female in each of the following age divisions:
11-12, 13-14, 15-16, 17-18

TECHNIQUE IS OPEN

Tracks will be set to accommodate diagonal stride if snow conditions permit.

5K ADULT

Awards will be presented to the top 3 Male & Female in each of the following age divisions:

19-24	25-29	30-34
35-39	40-44	45-49
50-54	55-59	60-64
65-69	70+	

12.5K ADULT

Awards will be presented to the top 3 Male & Female in each of the following age divisions:

19-24	25-29	30-34
35-39	40-44	45-49
50-54	55-59	60-64
65-69	70+	

* Participants who are 18 or under who wish to compete in the 12.5KM race may enter the 19-24 age division of the 12.5K as an alternate.

Registration Form

Yours Naturally!



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Please DO NOT write in this space.

5K or 12.5 K

BIB #

LAST NAME: _____ FIRST NAME: _____

PHONE #: (____) _____ AGE: _____ SEX: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

E-Mail: (if you would like the race results e-mailed) _____

(Please PRINT)

Circle One: Kids 1-mile 5K 12.5K ENTRY FEE PAID: \$ _____

(Please Make Checks Payable to **Waukesha County Parks**)

I hereby release Waukesha County and their agents and any person connected with the Waukesha County Citizen's Cross Country Ski Race from all liability whatsoever whether the liability arises from bodily injury or damage to property owned by myself or others, arising from my participation in or presence at this competition.

SIGNATURE: _____

(parent or guardian for entry under 18)